

The Search for Sparkling Teeth

F	L	O	S	S	I	N	G	R	N	T	H	S	C
L	K	D	F	E	B	I	E	S	E	I	B	U	I
U	J	Y	Z	A	R	O	D	U	L	T	A	R	R
O	P	L	A	Q	U	E	I	G	A	O	C	T	C
R	R	L	O	S	S	U	S	A	V	N	K	J	U
I	Q	M	P	R	H	Y	O	R	S	G	A	Q	L
D	P	N	Q	R	E	A	C	N	M	U	L	O	A
E	T	O	O	T	H	P	A	S	T	E	L	I	R
T	S	I	T	N	E	D	A	T	I	N	O	Z	D
A	H	A	O	P	A	G	F	H	T	O	O	T	U
Z	G	C	N	T	N	B	R	U	R	S	W	B	M
B	S	T	M	I	E	C	O	S	G	E	L	O	H
Y	F	B	W	W	J	D	N	O	A	E	E	F	B
C	T	E	F	I	G	E	T	F	L	L	E	Y	B
A	H	D	K	X	C	U	T	T	I	S	I	I	U
C	E	S	W	Y	R	E	S	R	P	A	N	V	N
I	C	A	V	I	T	Y	W	K	Y	T	C	R	A
D	V	U	P	A	N	D	D	O	W	N	H	E	N
W	E	F	E	Z	A	F	G	K	E	E	R	A	Y
D	U	B	A	C	T	E	R	I	A	R	I	D	A

Read the passage below. Find the underlined words in the puzzle above:

You should brush your teeth at least twice a day with fluoride toothpaste and a soft-bristled brush. Use small, circular movements to brush the front, back, and chewing surfaces of each tooth. Remember to brush your tongue, too. When flossing, use a gentle up and down motion to scrape the floss against the side of each tooth.

Plaque is created when certain bacteria combine with proteins in your saliva. Plaque uses sugar to grow in size and thickness. Plaque that isn't brushed or washed away, combines with sugar to make acid. With time, the acid causes tiny holes to grow until one large hole appears. This hole is a cavity. By visiting the dentist regularly, plaque you can't reach with brushing and flossing can be removed before a cavity forms.

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